

♥ Snippets of Encouragement #38

Hello darlings

Today is day 38 of Snippets of Encouragement, and I want to encourage you not to quit.

There are times in life when everything is a huge struggle and we simply want to quit. We want to stop what we have started and crawl into a ball and to hell with everything, I quit.

This is where self-awareness and wisdom is necessary. In life, there are those times when we have to readjust the plans we have because they are not what is good for us or what we desire.

I am not talking about those times right now. I am talking about your noble and inspired action that you want to quit because it is just so darn hard.



There are times when we have to be realistic with ourselves. If we want to lose weight but never do any exercise, of course when begin exercising it is going to be darn hard. Our bodies need to adjust; we need to bring our muscles into shape. No amount of positive thinking or praying to the fairies is going to prevent the sweat and tears. The success comes from the work.

Any activity that we take on for the first time is going to be difficult. Look around at babies who are learning to crawl and walk, of course every aspect of learning to walk is a struggle. Now imagine for a moment if you parents rescued you from the task of walking. Imagine that you decided not to try, but chose to sit there on your ass and refused to get on your knees or feet, to stand up, stumble, fall, crack your head, get up again, try...

Can you imagine how wretched your life would be if you never obeyed that inner push to move forward to stand up to try again.

No matter how much we try to fool ourselves into believing that life should be easy and without struggle, it isn't.

The fun is in being determined not to give up. Not to quit, not to stagnate. This is living, not being a motionless blobs in the basement of our lives refusing to get up and learn to walk and move forward.

For the record there have been countless times in my life when I've wanted to quit. I've wanted to say, I can't do this, it's too hard and yet somewhere within I have found the resilience and resources to continue and I am blessed that I never quit.



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When you want to move forward it is really important to remember this, take a small step. You don't have to make a giant leap, even a small step will contribute to the whole journey.

Often we think that we should always be moving forward in leaps and bounds, this is both unrealistic and not always possible. So meet yourself where you're at and take the next small step to move yourself forward.

This is how you overcome quitting. One small step at a time.

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